

NCD strategic plan

Published by:

Ministry of Health

Is the policy document adopted?:

No / No information

Country(ies):

Seychelles

Date:

2016

End year:

2025

Published year:

2016

Type of policy:

NCD policy, strategy or plan with healthy diet components

NCD strategic plan

Goals

Goals, objectives or targets related to nutrition:

- Targets
- The Seychelles NCD Strategy adopts the 9 national voluntary targets agreed by WHO Member States:
- 1) 25% reduction of NCD
 - 2) 10% reduction in alcohol use
 - 3) 10% reduction in prevalence of insufficient physical activity
 - 4) 30% reduction in mean population salt intake
 - 5) 30% reduction in the prevalence of tobacco use
 - 6) 25% reduction in the prevalence of raised blood pressure
 - 7) 0% increase in obesity and diabetes
 - 8) At least 50% of eligible people receiving drug therapy and counselling to prevent heart attack and stroke
 - 9) At least 80% availability of the affordable technologies and essential medicines, including generics, required to treat major NCDs on both public and private facilities

Strategies

Strategies and activities related to nutrition:

- 1) Develop or strengthen national food and nutrition related legislation policies and action plans, including:
 - a) Restrict or ban the advertising and marketing of unhealthy foods and beverages through regulations, especially when targeting children, including mechanisms for monitoring.
 - b) Promotion of exclusive breastfeeding for the first six months of life.
 - c) Continued breastfeeding until two years old and beyond, adequate and timely complementary feeding.
- 2) Develop guidelines, recommendations or policy measures that engage the relevant sectors, such as food producers and processors, and other relevant commercial operators, as well as consumers, to:
 - a) Reduce the level of salt/sodium added to food (prepared or processed).
 - b) Replace trans-fats with unsaturated fats in foods.
 - c) Increase the availability, accessibility and consumption of fruit and vegetables.
 - d) Reduce saturated fatty acids in food and replace them with unsaturated fatty acids.
 - e) Reduce the content of free and added sugars in food and non-alcoholic beverages.
 - f) Limit excess calorie intake, reduce portion size and energy density of foods.

- 3) Conduct evidence-informed public campaigns and social marketing initiatives to inform and encourage consumers about healthy dietary practices. Campaigns should be multisectoral in approach and should be linked to supporting actions across the community and within specific settings for maximum benefit and impact.
 - 4) Promote the sustained availability and accessibility of healthy food in all public institutions, such as educational institutions and the workplace. This includes, inter alia, implementing nutrition standards for public sector catering establishments, using government contracts for food purchasing providing, and providing free drinking water through water fountains in selected public settings, such as schools or workplaces.
 - 5) Improve the accessibility and encourage the consumption of healthier food products and discourage the consumption of less healthy options by implementing economic tools, such as taxes and subsidies that create incentives for behaviours associated with improved health outcomes (e.g. excise tax on sugar-sweetened beverages and reduction of taxes on selected fruit and vegetables).
 - 6) Create health- and nutrition-promoting environments, including through nutrition education, in schools, child care centres and other educational institutions, workplaces, health centres and hospitals, and other public and private institutions.
 - 7) Develop policy measures that engage food retailers and caterers to improve the availability, accessibility and acceptability of healthy food products (plant foods, including fruit and vegetables, and products with reduced content of salt, saturated fatty acids, trans-fatty acids and free sugars).
 - 8) Develop policy measures in cooperation/partnership with the agricultural sector to reinforce actions directed at food producers, processors, retailers, caterers and public institutions, in order to provide greater opportunities for utilization of healthy agricultural products and foods, including those locally made.
 - 9) Promote nutrition labelling, according to but not limited to, international standards, in particular the Codex Alimentarius (e.g. providing at least contents in energy, carbohydrates, sugar, saturated and unsaturated fats, proteins, salt, in a well and easily readable format and possibly using traffic light warnings), for all pre-packaged foods, particularly for those for which nutrition or health claims are made and those targeting youths.
 - 10) Actively seek to mobilize the required financial and non-financial resources through budgetary allocation and other means as required for implementation of activities 1-9 above.
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URL link:

<http://www.health.gov.sc/wp-content/uploads/Seychelles-Strategy-for-the-Prevention-and-Control-of-Non-communicable-Diseases-2016-2025-.pdf>

File upload:

 SYC_2016_Seychelles-NCD-strategy(30may16-sep16)-final.pdf

Reference:

WHO 2nd Global Nutrition Policy Review 2016-2017

Policy topics:

- Overweight and obesity in adults
- Overweight in adolescents
- Raised blood glucose/diabetes
- Sodium/salt intake
- Promotion of exclusive breastfeeding for 6 months
- Complementary feeding promotion/counselling

- Regulation/guidelines on types of foods and beverages available
- Promotion of fruit and vegetable intake
- Food labelling
- Nutrient declaration (i.e. back-of-pack labelling)
- Fats
- Trans fat
- Salt/sodium
- Sugars
- Taxation on unhealthy foods
- Removal of taxes on healthy foods
- Subsidies on healthy foods
- Regulating marketing of unhealthy foods and beverages to children
- Creation of healthy food environment
- Healthy food environment in workplaces
- Healthy food environment in hospitals
- Portion size control
- Media campaigns on healthy diets and nutrition

Partners in policy implementation

- Government
 - Health
 - Food and agriculture
 - Education and research
 - Social welfare
 - Finance, budget and planning
 - Sport
 - Urban planning
 - Trade
 - Environment
 - Industry
 - Information
 - Labour
 - Details: more
Health, agriculture, communication, education, employment, energy, environment, finance, food, foreign affairs, housing, justice and security, legislature, social welfare, social and economic development, sports, tax and revenue, trade and industry, transport, urban planning and youth affairs and partnership with relevant civil society and private sector entities
- National NGO(s)

Links

[1] https://extranet.who.int/nutrition/gina/sites/default/files/SYC_2016_Seychelles-NCD-strategy%2830may16-sep16%29-final.pdf

